

AtlantiCare's Healthy Equation for Healthy Kids Curriculum Resources:

Lesson #1:

My Pyramid for Kids

www.mypyramid.gov

US Department of Agriculture
Food and Nutrition Services – Team Nutrition

AtlantiCare Healthy Kids Equation

AtlantiCare's Center for Community Health
Healthy Schools, Healthy Children Initiative

Lesson # 2:

A Healthy Habit: Read Food Labels

Learning ZoneXpress

www.learningsonexpress.com

Lesson # 3:

Serving Sizes Are In Your Hand

Color Me Healthy – adapted from Portion Sizes and School-Age Children, North Carolina SNAC, 2003

http://www.colormehealthy.com/0_docs/servingsizeonhand.pdf

Portion Sizes Are Bigger

Food for Thought - Making the Grade through Healthful Eating: An Integrated Nutrition Curriculum developed by the North Carolina Nutrition Education and Training Program, January 2007

Portion Distortion

<http://hp2010.nhlbihin.net/portion>

National Heart, Lung and Blood Institute, Obesity Education Initiative,
US Department of Health and Human Services, National Institute of Health

Exercise Away Your Fast Food Slide Guide

www.PositivePromotions.com

Materials provided by Positive Promotions, Inc.

Activities to Increase Flexibility/Activities to Increase Strength

http://www.emplyeethrive.org/UserFiles/File/5_stretches.pdf

Choose A Healthy Lifestyle

Washington Apple Commission, 1993

Lesson # 4 :

What Am I? Trivia

www.dole5aday.com

Dole 5-A-Day Program
Dole Food Company, Inc.
Nutrition Adventures Tool Kit

Fruit Fly Bingo Game

Smart Picks, Inc.

www.smartpicks.com/gamesfruitfly.htm

Lesson # 5:

My Pyramid of Kids

www.mypyramidforkids.gov

US Department of Agriculture
Food and Nutrition Services –Team Nutrition

Smart Breakfast Choices

Food for Thought – Making the Grade through Healthful Eating: An Integrated Nutrition Curriculum developed by the North Carolina Nutrition Education and Training Program, January 2007

Hit the Deck – physical activity

<http://jointuse.org/sa/enact/school/documents/afterschool.paprograms.K-5-Energizers.pdf>

Adapted from East Carolina University's Activity Promotion Laboratory, College of Health and Human Performance in partnership with NCDIP, Be Active (beactive.nc.org) and North Carolina Health Schools – **Energizers Curriculum**

Lesson # 6:

Pass It On – physical activity

<http://jointuse.org/sa/enact/school/documents/afterschool.paprograms.K-5-Energizers.pdf>

Adapted from East Carolina University's Activity Promotion Laboratory, College of Health and Human Performance in partnership with NCDIP, Be Active (beactive.nc.org) and North Carolina Health Schools – **Energizers Curriculum**

UNO Cards

Mattel

How Much TV Did I Watch?

<http://notv.stanford.edu/lesson1/Lesson1.pdf>

Adapted from: The Board of Trustees of the Leland Stanford Junior University
Lesson: Awareness of TV Watched Yesterday

Lesson # 7:

Food Pyramid Bingo Game
Smart Picks, Inc.
www.smartpicks.com/gamespyramid.htm

My Pyramid for Kids

www.mypyramidforkids.gov
US Department of Agriculture
Food and Nutrition Services- Team Nutrition

5 – Star Snack Worksheet

Food for Thought – Making the Grade through Healthful Eating: An Integrated Nutrition Curriculum developed by the North Carolina Nutrition Education and Training Program, January 2007

Lesson # 8:

All About Milk Labels

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What's In My Drink?

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Activities to Increase Flexibility/Activities to Increase Strength

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